



## Ricemate Part iv

### Premium Germinated Beans

#### The benefits of germinated beans:

##### **Beans may reduce colon cancer risk.**

Increasing bean consumption by a significant amount may protect against the recurrence of precancerous polyps that can lead to **colorectal cancer, the first leading cause of cancer death in Singapore.**

##### **Beans are heart-healthy.**

In a study conducted by the **USDA Agricultural Research**, researchers found that consuming as little as a **1/2 cup of beans a day** helped lower total and low-density lipoprotein (**LDL**) cholesterol levels in healthy people as well as in those with an increased risk of **heart disease.**

##### **Beans stabilize your blood sugar.**

Soluble fiber in beans slows the passage of glucose from food into your bloodstream. Because of this, your body has to produce less insulin; high levels of insulin are a precursor to diabetes.

##### **Beans are high in fiber.**

Beans contain impressive levels of dietary fiber: 12 to 15 g in a one-cup serving, which translates to half or more of the daily recommended fiber intake of 21 to 30 g for

older individuals. They are a rich source of both soluble and insoluble fiber. The insoluble fiber in beans absorbs liquid in the colon and helps soften stool, which protects against constipation.

##### **Increases digestibility**

The outer coatings of many varieties of beans contain sugars called **oligosaccharides**. When beans aren't soaked, these sugars can bypass your stomach and small intestine without being fully digested. When these sugars enter your large intestine, bacteria break them down, producing intestinal gas in the process. Well soaking prior cooking is necessary.

##### **Reduces phytic acid effects**

**Phytic acid**, a compound in many legumes and grains, may reduce the bioavailability of zinc and other minerals, making it more difficult for your body to utilize these nutrients. In an article published in the Sept. 2000 issue of the "Journal of Physiology and Biochemistry," Gloria Urbano from the University of Granada and co-authors reported that soaking legumes may reduce the effects of phytic acid on mineral absorption.

The U.S. Department of Agriculture (USDA) Dietary Guidelines for Americans recommends a minimum of **three cups of beans weekly.**

**Germ. 5 beans**

**0.6kg/pack**



- Germinated Soy bean 0.6Kg
- Germinated Black bean 0.6Kg
- Germinated Lablab 0.4Kg
- Germinated Chick Pea 0.5Kg

##### **Instructions:**

- Bean Rice  
Ratio of bean to rice is 1:3, to water is 1:1. Rise and soak free.
- Soya-bean Milk  
Please soak for 2-3 hrs if use Soya-bean milk maker.
- Vegetable side dish  
Please soak beans for 3 hrs in preparation for cooking. Keep refrigerate if not use.
- Xuite Technologies Pte Ltd.  
<http://www.ricemate.com/>  
[luadam@xuite.net](mailto:luadam@xuite.net)

